

Intervention: Community interventions

Finding: Insufficient evidence to determine effectiveness

Potential partners to undertake the intervention:

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|---|--|
| <input checked="" type="checkbox"/> Nonprofits or local coalitions | <input checked="" type="checkbox"/> Businesses or labor |
| <input type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Findings from the systematic reviews:

There is insufficient evidence that community interventions result in healthy food choices. Roe, et al., found that long-term community studies showed no intervention effect on blood cholesterol compared to secular trends in control groups. They also reviewed two smaller-scale randomized trials involving highly motivated participants who attended educational group sessions and kept food intake records. These resulted in only short-term reductions in fat intake and blood cholesterol of about 10 and 7 percent, respectively.

Practices that lack sufficient research to support effectiveness should not be confused with ineffective programs. Rather, they should be recognized as programs that have the potential to become evidence-based practices—if properly evaluated. Practitioners are encouraged to monitor the impact of these programs in their communities and report on their findings in order to build a base of knowledge sufficient to reach consensus.

References:

Roe L, Hunt P, Bradshaw H, and Rayner M. Health promotion interventions to promote healthy eating in the general population - a review. Imperial Cancer Research Fund, General Practice Research Group and British Heart Foundation Fund Promotion Research Group, Division of Public Health and Primary Health Care, University of Oxford. Health Education Authority, London, U.K., 1997.